

Woman's Page

How to Fight the High Cost of Living

Young Girls and Cigarettes—Cafes and Restaurants Not Proper Atmosphere For Young Girls—Remember Who You Are, Not Who You Are With—Swinging Jardinieres For Porch—Newest in Mesh Bags—Cottage Candlesticks—Kitchen Suggestions—Rice Tomato Combination.

YOUNG GIRLS AND CIGARETTES.

Copyright, 1913, By Lillian Russell.

One of the saddest sights to be seen in a big city is the young girl in a restaurant. As a matter of fact, a restaurant is no place for a young girl, even though she be accompanied by her parents. There is an atmosphere about such places which causes excitement and wonder in the undeveloped brain. It even rattles the most staid and blasé mind at times. The glare of lights, the odor of cigarettes, the music alone, are disconcerting. The dancing gives the finish to allurements.

In such places old men who should be at home, abed and asleep, become roused to making fools of themselves by dancing with strange young women. Fat old women forget their appearance and dance with boys who look like their grandsons. So how can a silly young girl be blamed if she does not resist the offer of a cigarette? Who is to blame?

I saw in one of those fashionable restaurants last evening not less than seven young girls at different tables smoking cigarettes, and the men with them seemed to take a delight in passing them one after another.

How did they look? Pale, thin and hollow eyed. The fingers which held the little white health destroyers were weak and trembling. Tuberculosis had its claws upon each one of those girls.

To be sure, women have as much right to smoke as men, if they care to do so, and smoke in public restaurants if they choose to do so. I have seen dignified old dowagers smoke their cigarettes in such places, but I am happy to say I have never seen a real woman smoke in public here in America.

It seems to be affected by only very young girls who don't know better, or

the class who, knowing better, desire to be conspicuous commercially.

I would not allow any young girl to smoke cigarettes in public if I could prevent it. For her own sake it is a privilege which girls should be superior to. There is nothing more indecent, unclean or unbecoming to youth than smoking. It should be left to old people, who find comfort in solitude. A pipe or cigar is company for their thoughts. In their cases good thoughts and resolutions, as well as reminiscences, are waited heavenward. In cases of youthful persons the brains are wafted away in smoke.

Remember: Before you smoke a cigarette just stop and consider who you are, not who you are with. You are more important to your personality than you are to any person.

SWINGING JARDINIERS.

Our Oriental friends seem to have solved the problem of the summer storm and the porch plants by using swinging jardinieres made of split bamboo and plaited grasses. We all know the havoc wrought among our beloved ferns by the sudden violent gusts of wind which come on hot summer days and come, seemingly, out of a clear sky, with scarcely a moment in which to shelter the cherished potted plants. These jardinieres of split bamboo hanging from the porch roof by strands of plaited grass just sway gently back and forth and by so doing allow the plants to accommodate themselves more readily to the gusts of wind, and so little damage results. Beside their usefulness, the beauty of these swinging jardinieres will appeal to any woman who has an eye for the artistic. They are almost the last word of prettiness for the porch fitted up with hanging screens and furniture of bamboo.

FITTED WORK BAG.

An attractive fitted work basket bag is made of sweet grass, with two braided handles. The bag portion is in old rose satin with ribbon drawstrings to match. The fittings on the interior of the bag consist of a spool of thread, a sweet grass thimble holder and a tiny satin emery. These articles are attached to the sides of the bag by ribbons, and a satin pin cushion is affixed to the bottom of the basket.

NEWEST IN MESH BAGS.

Have you a gold mesh bag? If you haven't one of them you may as well get the very latest thing in this type of elegant accessory, namely, the sort having a frame of green gold elaborately jeweled in Bulgarian colors. From the lower edge of this frame hangs a row of jeweled pendants while the base of the bag is defined by a fringe of pear and ball shaped pendants placed alternately.

Another very smart type of gold mesh bag is bordered across its top and bottom with a more closely woven mesh than that used for the main portion of the receptacle, and has most artistically engraved frame. It comes fitted with a tiny mesh purse attached to the inside of the frame and easily accessible, but not easily lost, or with three compartments, also in good mesh, fitted to its interior.

COTTAGE CANDLESTICKS.

New candlesticks are in colonial design, heavily enameled in white and have brass trimmings. They are also made in the Grecian column pattern. These candlesticks are unusually attractive for the summer home, and are far more practical and serviceable than the glass or china types, being more permanent.

KITCHEN SUGGESTIONS.

The accompanying items answer questions asked by other constituents. A little thing I learned after keeping house many years. I used to clean my iron kettles with hot soap-suds, brushing with a small brush. My sister once said, "Do you ever go over the inside with a cake of soap?" Try it! I was surprised, as I always thought I was particularly clean with my cooking utensils. One thing more! A grand cake without eggs, with frosting that never hardens, is Old Black Joe cake. Cream one-half cup shortening with two cups brown sugar; add one-half cup cocoa, one cup sour milk, one-half cup hot water, one teaspoon baking soda dissolved in a tablespoon hot water, one teaspoon va-

nilla, two and one-half cups flour before sifted. This makes three layers. Make icing with one pound confectioner's sugar creamed with one tablespoon butter, one teaspoon vanilla, and hot water enough to spread. Use frosting also for filling.

RICE-TOMATO COMBINATION.

A recipe for rice and tomato combination. One cup rice boiled until soft, one quarter can tomatoes (cut large pieces small), plenty of salt, pepper, and paprika; one onion (small) chopped fine, one green pepper, two pimientos. Brown onion, pepper and pimientos thoroughly in butter. Mix all together and bake one hour, adding a little water now and then, enough to keep it moist.

SAVE MILLIONS BY STORING GAS

Washington, July 21.—Many millions of dollars will be saved annually to the United States through a stoppage in the waste of natural gas, as the result of experiments conducted under the direction of the Bureau of Mines. Tests just completed in the Oklahoma oil fields are said to have resulted in insuring a yearly saving to that state alone of at least \$15,000,000 by shutting off the escape of gas. The system is said to consist principally of pumping a mud-laden liquid into the oil wells and in the adoption of modifications in the present methods of boring. At first the government experts met with violent opposition from the oil men, but this prejudice is said to have disappeared. A. J. Pollard of Bakersfield, Cal., and A. G. Heggen of Pittsburg, conducted the field work for the bureau. The system will be extended throughout the country in the hope of checking the rapidly disappearing supply of natural gas.

NICARAGUAN SUPERVISION

President Wilson's Policy of Protection Over the Country is Receiving Strong Support—Correspondents Gather at the White House for Conference.

Washington, July 21.—Strong support has developed in the senate for President Wilson's policy of protection and supervision over Nicaragua. An informal poll of the committee on foreign relations today indicated that the treaty proposed Saturday by Secretary Bryan will be endorsed with a safe margin of votes and come into the senate with the backing of the influential members of both political parties.

It became known definitely today that the proposal does not bind the United States to any obligation for the outstanding debts of Nicaragua. The rehabilitation of the republic's finances is expected to come about through the stability that would be given to future operations through the control to be exercised by the United States.

Nicaragua would agree to make no debts in excess of her current resources, however, and the United States would be given the right to intervene with troops at any time to insure Nicaragua independence or to protect life and property. Nicaragua would agree to make no foreign treaties that would threaten her independence and the United States would be given the right to intervene with troops at any time to insure Nicaragua independence or to protect life and property. Nicaragua would agree to make no foreign treaties that would threaten her independence and the United States would be given the right to intervene with troops at any time to insure Nicaragua independence or to protect life and property.

"The proposed control by the United States over the financial operations of Nicaragua is virtually an enforcement of the Monroe doctrine in advance," said one member of the senate foreign relations committee today. Senators Hitchcock, Sutherland, Mark Smith, O'Gorman and Stone expressed approval of the general principles of the proposal.

Chairman Bacon of the foreign relations committee, who was strongly opposed to the original Nicaraguan treaty, said he believed the new proposal by Secretary Bryan greatly changed the situation and entitled the treaty "to the most careful consideration."

The proposed treaty will be attacked in some quarters on the ground that it would put a moral obligation on the United States to see that Nicaragua repays and repays her old debts, even though the treaty does not make this country directly responsible for them.

"Whatever the actual result may be, the underlying purpose of the administration in framing the agreement with Nicaragua was to secure the concession for a canal route and the extension of the Platt amendment."

This was developed in the course of a conversation between the president and the White House correspondents today.

In the administration view the scope of the plan was not intended to be laid down as a general policy for all central America, but the affairs of the little republic are to be dealt with separately as they may require attention.

The attitude of the administration, it was said, was one of extreme friendliness and there is no disposition to force on them any such plan unless it is thoroughly acceptable. The administration knows nothing of the attitudes of the governments of Costa Rica and Salvador, as no representations have yet been made. "This is not dollar diplomacy, it is good sense," said Senator Lodge, in general support of the plan.

Senator Borah, also a member of the foreign relations committee, attacked the policy of the plan.

"This means the going up of the American flag all the way to the Panama canal," he declared in a statement.

"It is the beginning of that policy whose irrefutable logic is complete dominance and control and ownership by the United States from her to the Panama canal. It is not exactly in accord with either the conceptions of those who formed the republic or our own present professions of what it ought to be."

Bargains for Women

Foster's 5-button oxfords, patent leather, gunmetal, tan, brown suede—\$5.00 values\$3.75

Foster's Colonial pumps, tan, patent leather, gunmetal suede—\$5 values\$3.50

Foster's pumps with or without straps tan, patent leather, gunmetal, suede—\$5 values\$3.50

Red Cross, patent leather, lace oxfords—\$4.00 values\$2.25

Red Cross Pumps and button oxfords—\$4.00 and \$4.50 values\$2.75

Kelley's pumps and oxfords—\$4.00 values\$2.75

\$3.50 values\$2.50

White "Tissue Cloth" shoes—\$3.50 values\$2.48

This Sale Is Important to You--Don't Miss It

DR. CHAS. ZUEBLIN'S GREAT LECTURES

One of the Big Men of the United States Is Pleasing the People in Attendance on the Chautauqua Meetings at Glenwood Park—Orson F. Whitney, the Apostle, Speaks on "Poetry and Its Mission"—Bishop Francis J. McConnell Present.

The Chautauqua yesterday was well attended and those present listened to the lectures of Dr. Charles Zueblin and Apostle Orson F. Whitney, and the music of the Brahms quartette and the Ogden A. F. of M. band. The quartette was to have appeared on Saturday, but was delayed and charmed its hearers yesterday with good vocal music.

In his lecture on the "New Civic Spirit" yesterday forenoon Dr. Zueblin said:

"Social evolution may be imperceptible to the participants, and yet the social ideals of the new generation may be incomprehensible to the passing generation. This is notably true of the new civic spirit."

"Twenty years ago there were but three avenues for the citizen who wanted to be of social service—the church, the school and charity. These were dismal to the man who really had a love for his fellowman. Respectable people thirty years ago were not supposed to be interested in politics, but today no right minded person feels that serving politics, one on him by serving his fellows most effectively and immediately should go into public life. Any man who holds himself too good to go into politics is not fit to go into the church. Today there is a new civic spirit also in the church. It is beginning to talk about the vital things of life."

"In 1853 a village improvement society in Stockbridge, Mass. Today there are 2,500 of them. In 1857 Central Park, New York, was established amid wild protests. Now the city without a park and boulevard system doesn't lift its head. In 1868 bathing in the ocean at Boston was no longer prohibited. Not until 1883 did Milwaukee establish the first public bath in the country. In 1872 Brookline,

ough-going reforms. Anything which will bring the people together in a common bond has its use, for the hearts of the masses must be stimulated before much can be accomplished.

"If social reform comes from below, civic progress comes from the top. To it are necessary prosperity, leisure and culture. What the democrat wishes is to democratize these three, giving them to every one. At the present time there is a growing physical improvement will come aesthetic and spiritual improvement, a deeper knowledge of the needs and rights of the masses and a democratic sympathy and organization which will be irresistible."

Apostle Whitney held his hearers thoroughly interested through his splendid address on "Poetry and Its Mission" yesterday afternoon. The apostle declared that because Jesus Christ, "being the only one to open the sealed book, the poem of eternal life of which he is the author," is a greater poet than Shakespeare, "who tells of this world and of the human heart—tells it incomparably."

The Brahms gave a concert at 1:30 o'clock and the Ogden band gave a concert at 4 o'clock. Both events were well attended and all numbers were applauded. In the evening the Brahms again appeared before the largest audience of the assembly.

LAWN TENNIS. Omaha, July 21.—The fourth National Clay Court tennis tournament opened at the Omaha Field club today. Ninety-six players answered the referee call.

Many of the players on hand have a national reputation. Fred Harris,

Bargains for Women

White Nubuck shoes—\$4.50 values\$3.25

White Nubuck shoes—\$5.00 values—\$5.00 values\$3.50

White Tissue Cloth, 5-button oxfords—\$3.50 values\$2.25

White Nubuck, 5-button oxfords, \$4.00 values\$3.00

100 pairs broken lots—No. 1—\$5.00 oxfords\$2.00

125 pairs broken lots—No. 2—\$3.50 to \$5.00 oxfords\$1.50

75c pairs broken lots—No. 3—\$3.00 to \$4.00 values\$1.00

80 pairs broken lots—No. 4—\$3.00 to \$4.00 values75c

This Sale Is Important to You--Don't Miss It

DR. CHAS. ZUEBLIN'S GREAT LECTURES

One of the Big Men of the United States Is Pleasing the People in Attendance on the Chautauqua Meetings at Glenwood Park—Orson F. Whitney, the Apostle, Speaks on "Poetry and Its Mission"—Bishop Francis J. McConnell Present.

The Chautauqua yesterday was well attended and those present listened to the lectures of Dr. Charles Zueblin and Apostle Orson F. Whitney, and the music of the Brahms quartette and the Ogden A. F. of M. band. The quartette was to have appeared on Saturday, but was delayed and charmed its hearers yesterday with good vocal music.

In his lecture on the "New Civic Spirit" yesterday forenoon Dr. Zueblin said:

"Social evolution may be imperceptible to the participants, and yet the social ideals of the new generation may be incomprehensible to the passing generation. This is notably true of the new civic spirit."

"Twenty years ago there were but three avenues for the citizen who wanted to be of social service—the church, the school and charity. These were dismal to the man who really had a love for his fellowman. Respectable people thirty years ago were not supposed to be interested in politics, but today no right minded person feels that serving politics, one on him by serving his fellows most effectively and immediately should go into public life. Any man who holds himself too good to go into politics is not fit to go into the church. Today there is a new civic spirit also in the church. It is beginning to talk about the vital things of life."

"In 1853 a village improvement society in Stockbridge, Mass. Today there are 2,500 of them. In 1857 Central Park, New York, was established amid wild protests. Now the city without a park and boulevard system doesn't lift its head. In 1868 bathing in the ocean at Boston was no longer prohibited. Not until 1883 did Milwaukee establish the first public bath in the country. In 1872 Brookline,

holder of several eastern championships; John Strachan and Clarence Griffin, Pacific Coast champions in doubles; Joe Armstrong of St. Paul, middleweight champion, and many others who hold state titles are here and expect to cut their way into the finals.

Boston, July 21.—Fair skies favored the four score lawn tennis players who gathered at the courts of the Longwood Cricket club today for the twenty-third All-comers' tournament for the Longwood Bowl.

As the holder of the trophy, Maurice E. McLoughlin of California, is in Europe, this year's winner will score one leg on the sixth cup that the club has offered. The field was the largest that has assembled in an open event in the East this year.

The principal match today was between W. M. Johnson of San Francisco, the new Pacific Coast expert, and J. G. Nelson of Manchester, N. H., the leader of the Dartmouth college team.

SUFFRAGISTS GO TO CAPITAL

Washington, July 21.—Scores of suffragists and laden automobiles are hastening toward Washington bearing petitions to congress for a constitutional amendment granting universal suffrage and by the end of this week, leaders of the National Woman's Suffrage association said today would be numbered by the hundred. The senate and the house are to be stormed by the motoring women July 31.

Delegations are on the road from Montana, Tennessee, Virginia, New York, Massachusetts, Pennsylvania, New Jersey, and several other states. These early starters are speaking for the "cause" along the way and swelling their lists of signatures to the petition.



EXCURSIONS FROM Ogden and Salt Lake City TO EAST AND RETURN

Missouri River Points.....\$40.00
St. Louis, Mo.....\$52.00
Chicago, Ill.....\$56.50
St. Paul and Minneapolis.....\$55.70
Peoria, Ill.....\$55.40
Memphis, Tenn., via Kansas City or St. Louis.....\$59.85
Also reduced rates to other points. Stop-overs Allowed.
Return Limit, October 31st.

Dates of Sale
July 23, 31,
August 1, 9, 10, 11,
15, 22, 28,
September 10 and 11.

For further information address
E. R. LEIS,
General Agent,
Atchinson, Topeka & Santa Fe Ry. Co.
233 Judge Building,
Salt Lake City, Utah.

THE CREAM of Utah and Idaho's finest and highest priced wheat, makes

Crescent Flour

It must please you or your money back.

Slade's Transfer

Phone 321. 403 25th Street
We have the largest van in the city. Quick service. Moving, shipping and handling plants. Prompt freight deliveries. Furniture moving a specialty. Storage at reasonable rates.



CHICHESTER'S PILLS

Denver & Rio Grande Excursions

Round Trip Fares

CHICAGO\$56.50
ST. LOUIS52.00
ST. PAUL55.70
OMAHA40.00
KANSAS CITY40.00
DENVER22.50

Low rates to other points.

Dates of sale July 19, 23, 31, August 1, 9, 10, 11, 16, 22, 28, September 10 and 11.

Good returning to Oct. 31. Electric lighted sleepers to Chicago and St. Louis.

Dining Car Service Best Anywhere. Sunday Excursions

To Salt Lake \$1.10

F. FOUTS, Agent, Reed Hotel Bldg.
C. A. Henry, Tkt. Agt., Union Depot.

Independent Meat Company

2420 Wash. -- FREE DELIVERY -- Phone 23